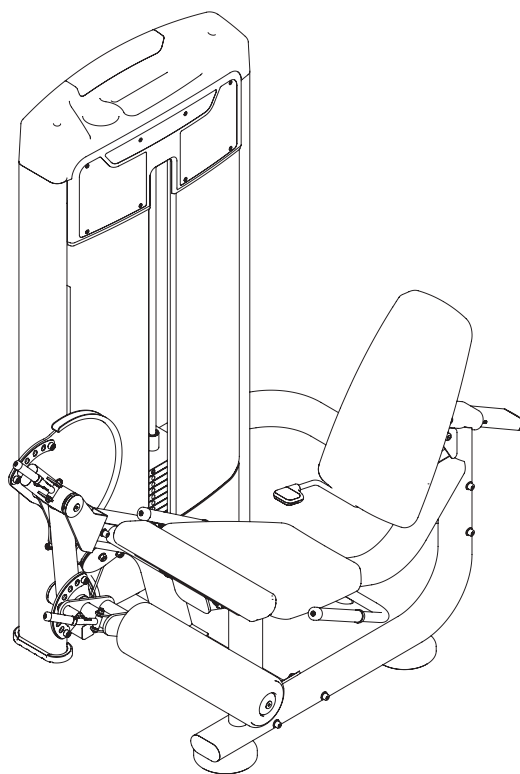


TCORX
PROFESSIONAL LINE

INSTRUCTION



LEG EXTENSION

PLX 8800



Cod : GRLDTOORXPLX8800

Rev : 00

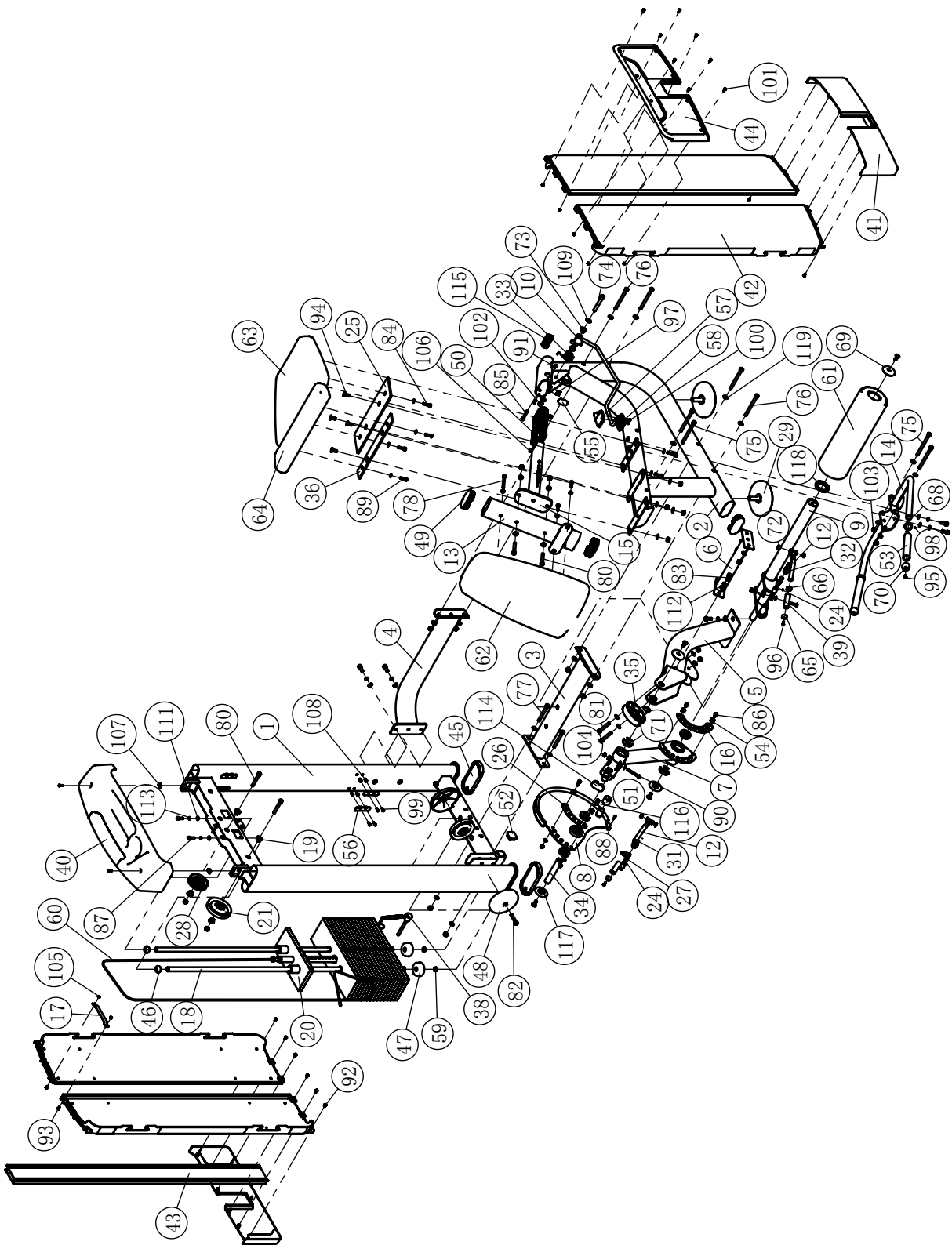
Ed : 11/23

Parts List

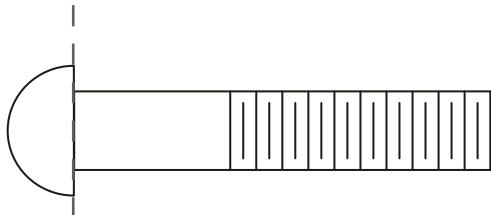
NOTE: SOME OF THESE PARTS MAY COME PRE-INSTALLED.

ITEM NO.	DESCRIPTION	QTY	ITEM NO.	DESCRIPTION	QTY
1	Weight Stack Frame	1	62	Back Cushion	1
2	Back Pad Frame	1	63	Abdominal Pad	1
3	Ground Connection Frame	1	64	Seat Pad	1
4	Rear Connecting Frame	1	65	Aluminum Cap ϕ 16	2
5	Shaft Support	1	66	Aluminum Ring ϕ 16	2
6	Front Cushion Connecting Frame	1	68	Aluminum Ring ϕ 25	2
7	Swing Rack	1	69	Aluminum End Cap ϕ 60 \times ϕ 10.5 \times 10.9	2
8	Adjustable Cam	1	70	Aluminum Cap ϕ 25	2
9	Swing Tube	1	71	Bearing 6005	6
10	Adjusting Handle Frame	1	72	Bushing ϕ 16 \times ϕ 8 \times 8	4
12	Foam Adjusting Handle Frame	2	73	Bushing ϕ 25 \times ϕ 12.2 \times 13	2
13	Back Pad Frame	1	74	Socket Head Cap Screw M12 \times 80	1
14	Handle Frame	1	75	Socket Head Cap Screw M10 \times 125	4
15	Telescopic Frame	1	76	Socket Head Cap Screw M10 \times 120	4
16	Liner R92.5 \times R57.5 \times 1.5	1	77	Socket Head Cap Screw M10 \times 90	2
17	Connecting Plate	1	78	Socket Head Cap Screw M8 \times 80	1
18	Guide Rod	2	80	Socket Head Cap Screw M10 \times 70	4
19	Sleeve	4	81	Socket Head Cap Screw M10 \times 60	2
20	Top Plate	1	82	Socket Head Cap Screw M10 \times 50	1
21	4.5" Pulley	2	83	Socket Head Cap Screw M8 \times 30	6
23	Circle ϕ 31 \times ϕ 25.5 \times 1.5	1	84	Socket Head Cap Screw M10 \times 25	8
24	Shaft ϕ 18.2 \times 95	2	85	Socket Head Cap Screw M8 \times 45	1
25	Cushion Plate	1	86	Socket Head Cap Screw M8 \times 10	2
26	Liner R130 \times 1.5	1	87	Socket Head Cap Screw M8 \times 25	2
27	Spring	2	88	Socket Head Cap Screw M4 \times 15	1
28	3.5" Pulley	1	89	Button Head Cap Screw M8 \times 30	2
29	Ground Frame	2	90	Button Head Cap Screw M8 \times 60	2
31	Chain	2	91	Button Head Cap Screw M6 \times 12	2
32	Hex Nut M20	2	92	Button Head Cap Screw M6 \times 10	12
33	Torsion Spring	1	93	Button Head Cap Screw M5 \times 10	2
34	Shaft ϕ 25 \times 139	1	94	Flat Head Cap Screw M10 \times 25	8
35	V Pulley	1	95	Flat Head Cap Screw M6 \times 16	2
36	Cushion Plate	1	96	Flat Head Cap Screw M5 \times 15	2
38	Selector Pin W/Coil	1	97	Socket Set Screw M6 \times 16	2
39	Grip ϕ 21 \times ϕ 14 \times 65	2	98	Socket Set Screw M5 \times 3	8
40	Top Shroud	1	99	Button Head Cap Screw M5 \times 15	18
41	Under Shroud	2	100	Button Head Cap Screw M4 \times 10	2
42	side Shroud	4	101	Cross Recessed Countersunk Head Screws M5 \times 15	8
43	Back Buckle	1	102	Nylon Lock Nut M12	1
44	Front Cocer	1	103	Nylon Lock Nut M10	21
45	Rubber Foot	2	104	Nylon Lock Nut M8	4
46	Mount Sleeve ϕ 29 \times ϕ 8.5 \times 12	2	105	Nylon Lock Nut M5	10
47	Rubber Mat ϕ 63.5 \times ϕ 19 \times 25.4	2	106	Hex Thin Nut M6	2
48	Pulley Cover	2	107	Quick Nut 13.68 \times 21 \times M5	2
49	Elliptical Tube Plug	3	108	Rivet Nut M5	16
50	Hollow Socket	2	109	Flat Washer ϕ 13 \times ϕ 24 \times 1.5	2
51	Spacer ϕ 32 \times ϕ 25.4 \times 28	1	110	Flat Washer ϕ 11 \times ϕ 20 \times 2	30
52	Plug F38	1	111	Flat Washer ϕ 9 \times ϕ 16 \times 1.6	17
53	Grip ϕ 30 \times ϕ 22 \times 205	2	112	Spring Washer ϕ 10	8
54	Spacer ϕ 17 \times 10.5	4	113	Spring Washer ϕ 8	2
55	Cushion Pad Ellipse Double	1	114	Plug PT30 \times 60	1
56	Shield Fixed Seat	8	115	Plug \square 30 \times 70	1
57	Upper Handle Cover ASSY	1	116	Socket Head Cap Screw M8 \times 20	2
58	Bottom Handle Cover	1	117	Aluminum End Cap ϕ 60 \times ϕ 10.5 \times 12.4	2
59	Rubber Plug ϕ 18.5 \times ϕ 15 \times 7	2	118	Retaining Ring	1
60	Cable ASSY	1	119	Arc washer ϕ 10	10
61	Leatherwear Foam	1	120	Lubricating Oil	1

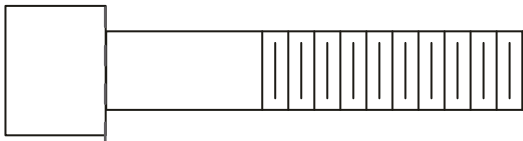
Exploded View



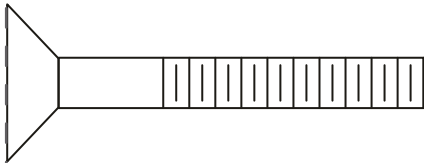
Measurement Guide



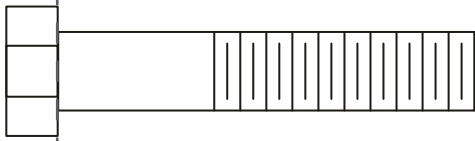
BHCS = Button Head Cap Screw



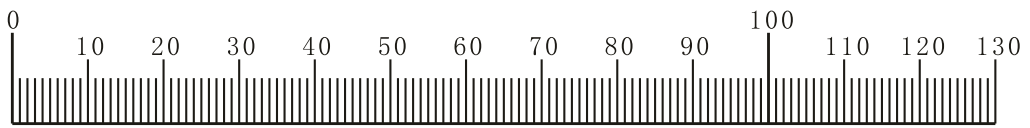
SHCS = Socket Head Cap Screw



FHCS = Flat Head Cap Screw



HHB = Hex Head Bolt



Millimeters



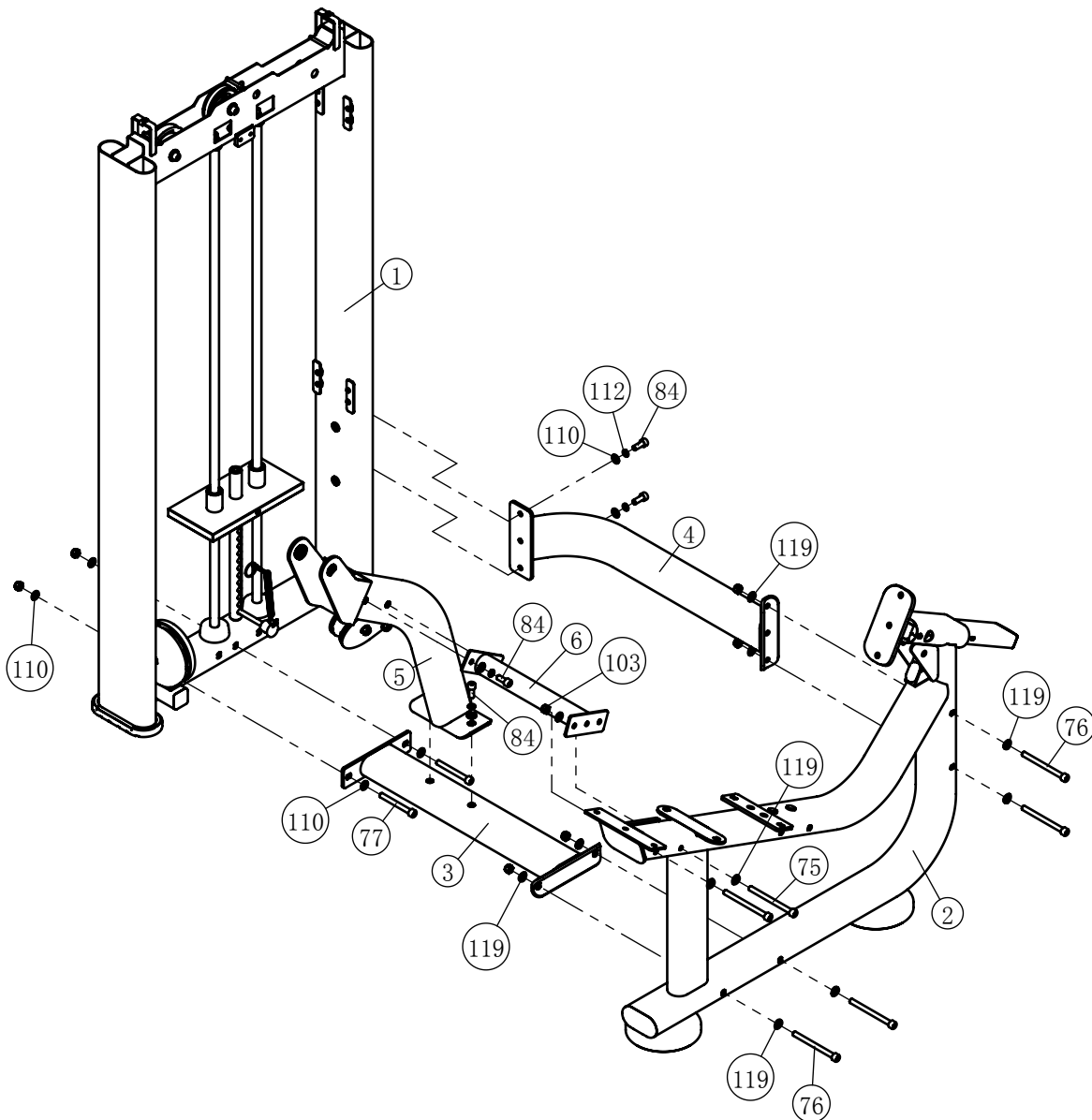
Inches

Assembly

STEP 1

Note: Hand Tighten Bolts and Nylon Lock Nuts.

ITEM NO.	DESCRIPTION	QTY	ITEM NO.	DESCRIPTION	QTY
1	Weight Stack Frame	1	76	Socket Head Cap Screw M10×120	4
2	Back Pad Frame	1	77	Socket Head Cap Screw M10×90	2
3	Ground Connection Frame	1	84	Socket Head Cap Screw M10×25	6
4	Rear Connecting Frame	1	103	Nylon Lock Nut M10	8
5	Shaft Support	1	110	Flat Washer $\phi 11 \times \phi 20 \times 2$	12
6	Front Cushion Connecting Frame	1	112	Spring Washer $\phi 10$	6
75	Socket Head Cap Screw M10×125	2	119	Arc washer $\phi 10$	10

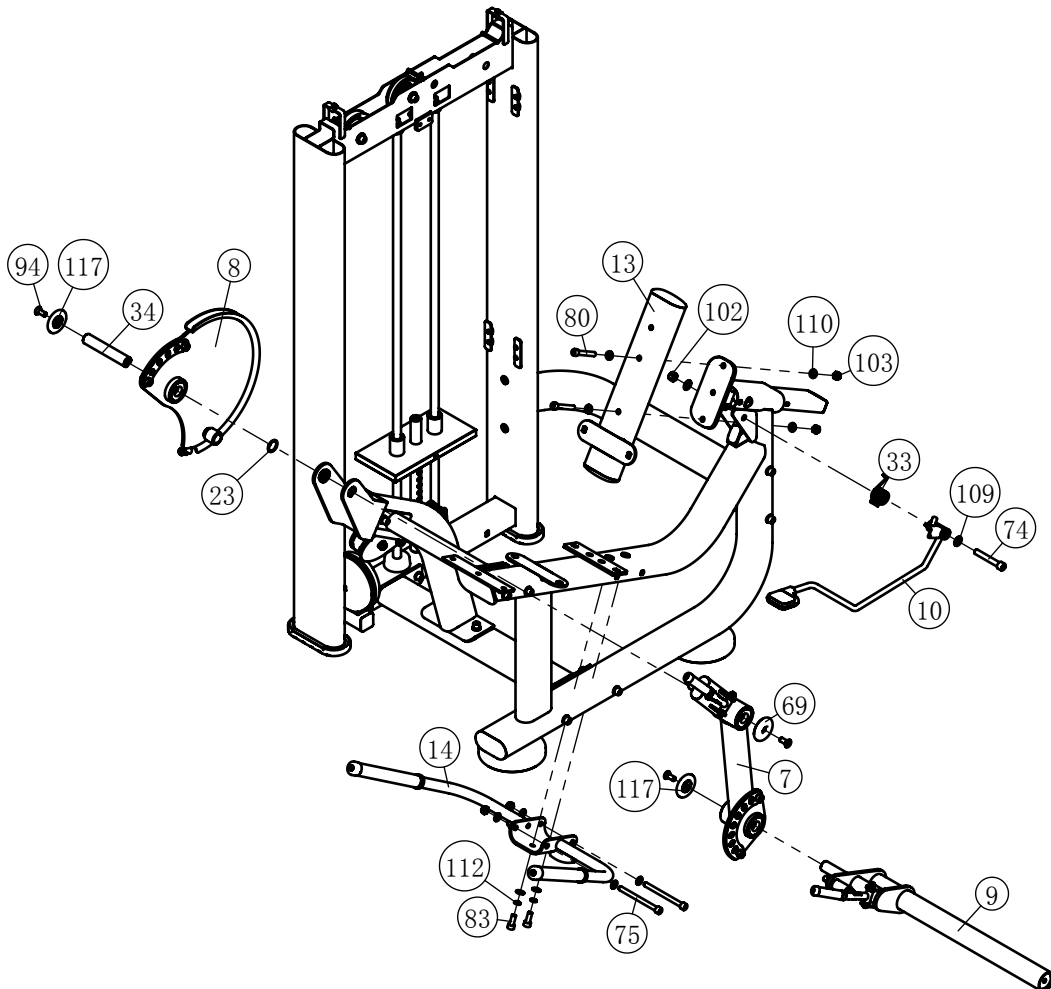


Assembly

STEP 2

Note: Hand Tighten Bolts and Nylon Lock Nuts.

ITEM NO.	DESCRIPTION	QTY	ITEM NO.	DESCRIPTION	QTY
7	Swing Rack	1	75	Socket Head Cap Screw M10×125	2
8	Adjustable Cam	1	80	Socket Head Cap Screw M10×70	2
9	Swing Tube	1	84	Socket Head Cap Screw M10×25	2
10	Adjusting Handle Frame	1	94	Flat Head Cap Screw M10×25	3
13	Back Pad Frame	1	102	Nylon Lock Nut M12	1
14	Handle Frame	1	103	Nylon Lock Nut M10	4
23	Circle $\phi 31 \times \phi 25.5 \times 1.5$	1	109	Flat Washer $\phi 13 \times \phi 24 \times 1.5$	2
33	Torsion Spring	1	110	Flat Washer $\phi 11 \times \phi 20 \times 2$	10
34	Shaft $\phi 25 \times 139$	1	112	Spring Washer $\phi 10$	2
69	Aluminum End Cap $\phi 60 \times \phi 10.5 \times 10.9$	1	117	Aluminum End Cap $\phi 60 \times \phi 10.5 \times 12.4$	2
74	Socket Head Cap Screw M12×80	1			

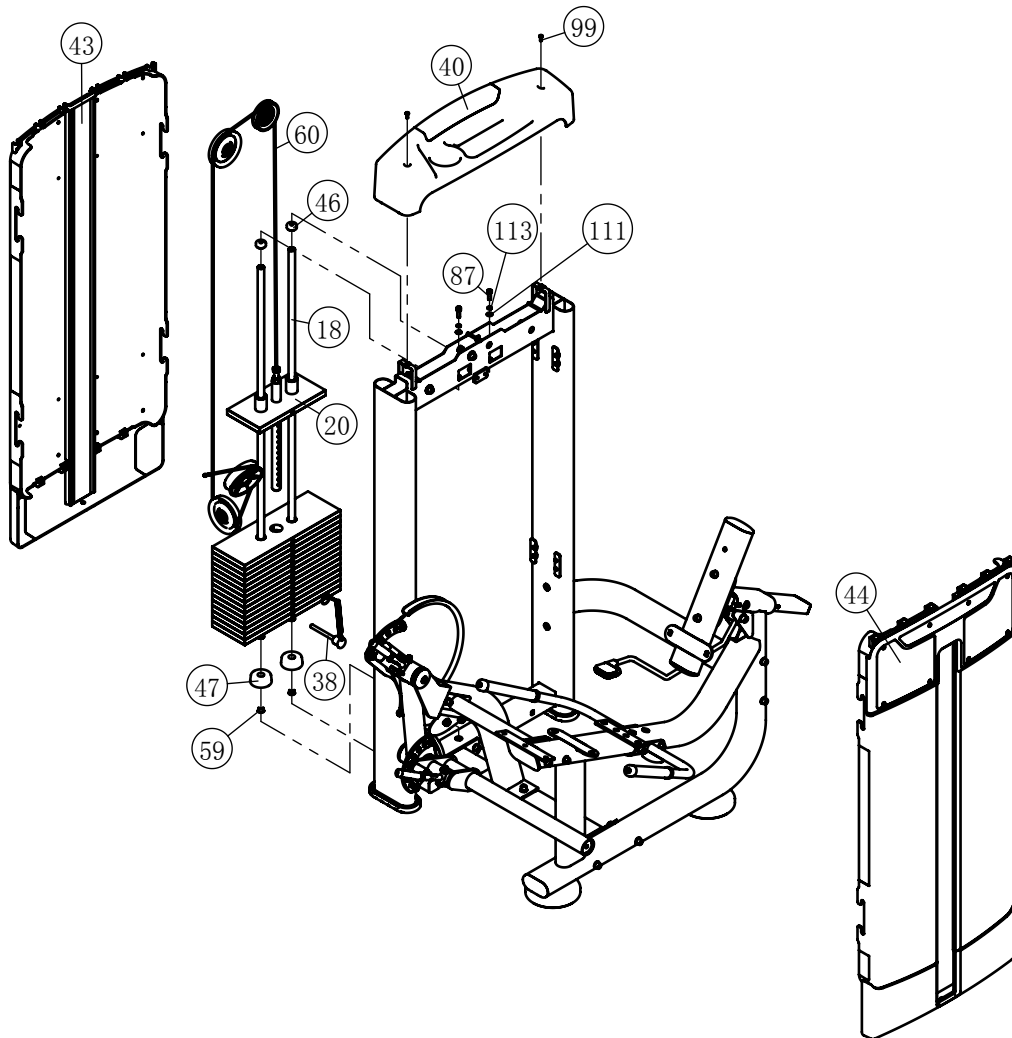


Assembly

STEP 3

Note: Hand Tighten Bolts and Nylon Lock Nuts.

ITEM NO.	DESCRIPTION	QTY	ITEM NO.	DESCRIPTION	QTY
18	Guide Rod	2	47	Rubber Mat $\phi 63.5 \times \phi 19 \times 25.4$	2
20	Top Plate	1	59	Rubber Plug $\phi 18.5 \times \phi 15 \times 7$	2
38	Selector Pin W/Coil	1	60	Cable ASSY	1
40	Top Shroud	1	87	Socket Head Cap Screw M8 \times 25	2
43	Back Buckle	1	99	Button Head Cap Screw M5 \times 15	2
44	Front Cocer	1	111	Flat Washer $\phi 9 \times \phi 16 \times 1.6$	2
46	Mount Sleeve $\phi 29 \times \phi 8.5 \times 12$	2	113	Spring Washer $\phi 8$	2

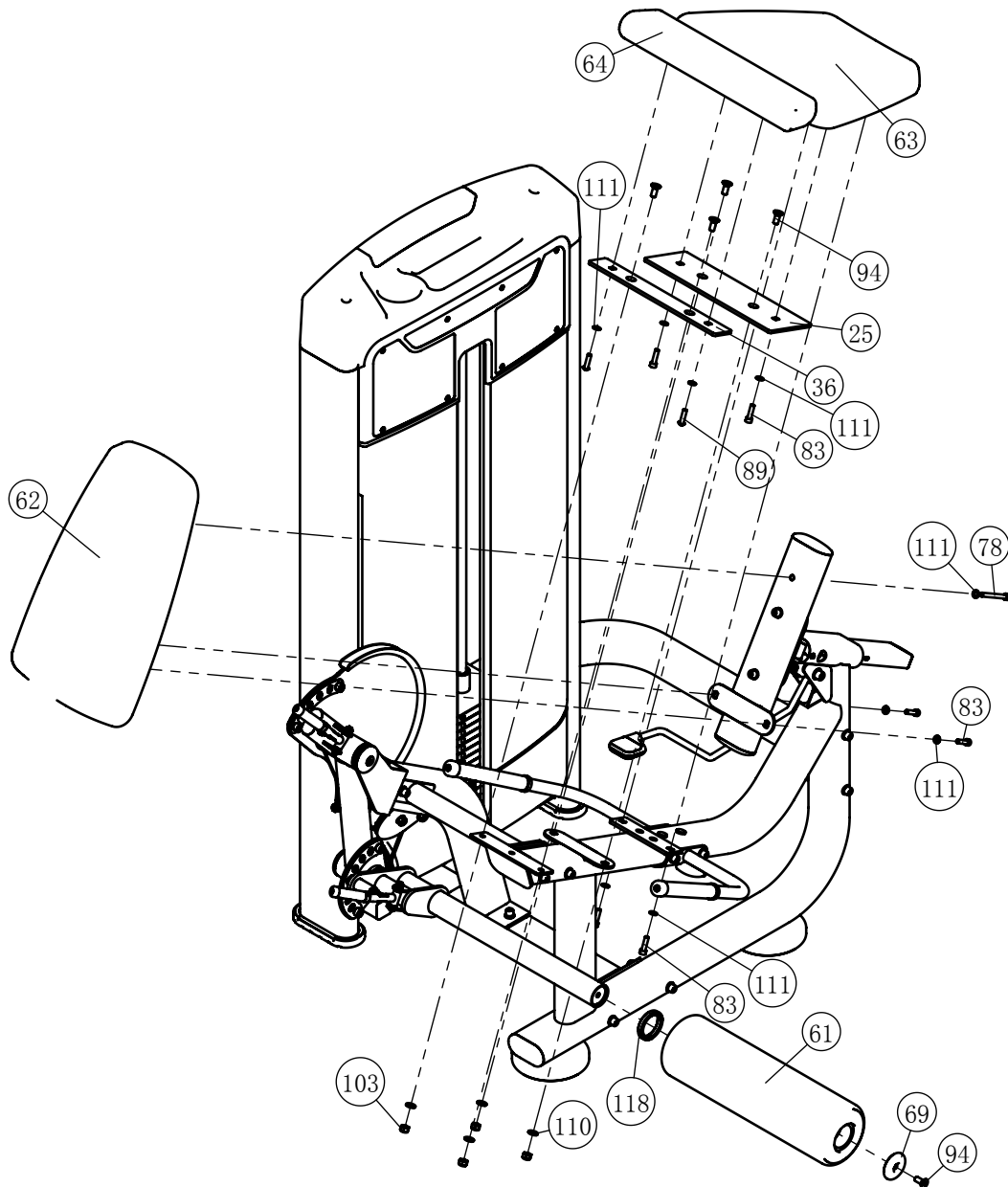


Assembly

STEP 4

Note: Wrench Tighten Screws.

ITEM NO.	DESCRIPTION	QTY	ITEM NO.	DESCRIPTION	QTY
25	Cushion Plate	1	78	Socket Head Cap Screw M8×80	1
36	Cushion Plate	1	83	Socket Head Cap Screw M8×30	6
61	Leatherwear Foam	1	89	Button Head Cap Screw M8×30	2
62	Back Cushion	1	94	Flat Head Cap Screw M10×25	5
63	Abdominal Pad	1	103	Nylon Lock Nut M10	4
64	Seat Pad	1	110	Flat Washer $\phi 11 \times \phi 20 \times 2$	4
67	Aluminum Ring $\phi 50$	2	111	Flat Washer $\phi 9 \times \phi 16 \times 1.6$	9
69	Aluminum End Cap $\phi 60 \times \phi 10.5 \times 10.9$	1	118	Retaining Ring	1



General Maintenance Information

Links, Pull-Pins, Snap Hooks, Swivels, Weight Stack Pins:

- * Check all pieces for signs of visible wear or damage.
- * Check springs in snap hooks and pull-pins for proper tension and alignment.
- * If the spring sticks or has lost its rigidity, replace it immediately.

Upholstery:

- * To ensure prolonged upholstery life and proper hygiene, all upholstered pads should be wiped down with a damp cloth after every workout.
- * Periodically take the time to use a mild soap or an approved vinyl upholstery cleaner to deter the onset of cracking or drying. Avoid using any abrasive cleaners or cleaners not intended for use on vinyl.
- * Replace ripped or worn upholstery immediately.
- * Keep sharp or pointed objects clear of all upholstery.

Decals:

- * Inspect and familiarize yourself with any safety warnings or other user information posted on each decal.

Nuts and Bolts:

- * Inspect all nuts and bolts for any loosening and tighten if needed.
- * Go through a re-tightening sequence periodically to ensure that all hardware is tensioned proper.

Anti-Skid Surfaces:

- * These surfaces are designed to supply secure footing and need to be replaced if they appear worn or become slippery.

Belts and Cables:

- * We use only high quality belt, and mil-spec cables.
- * Visually inspect the belts and cables for fraying, cracking, peeling or discoloration.
- * While the machine is not in use, carefully run your fingers along the belt or cable to feel for thinning or bulging areas.
- * Replace belts and cables immediately at the first signs of damage or wear. Do not use equipment until belts or cables have been replaced.

Belt and Cable Tension:

- * Referring to the Owners Manual, when belts or cables are used check all bolts attachments to be sure they are properly attached.
- * Check slack in cables and re-adjust cable tension if needed.

Seat Sleeves, Guide Rods:

- * Wipe down adjusting tubes with a dust free rag before applying lubricant.
- * Lubricate seat sleeves and Guide Rods with a Silicon or Teflon based lubricant spray.

Linear Bearings:

- * Referring to the Owners Manual carefully disassemble the bearing from its housing and place a finger full of light grease (lithium, super lube, etc.) into the inside of the bearing. Using your finger, press the grease into the ball-bearings and their tracks. Repeat until the ball-bearing tracks are full of grease. Insert the shaft back into the bearing and wipe off excess grease.

PLEASE KEEP THIS FOR YOUR RECORDS



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